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|---|--|--|---|--|--|
| <div><div>Shenango Valley Senior Center</div><div>December 2025</div><div>Happy Birthday: Dave Hall, Joe Szakacs, John Sanchez, Jim Reynolds, Denise Amato, Paul Egelsky, Barb Mick, Kathy Mastrian, Audrey Rainey, Pamela Svirbly, Bonnie Abinosa, Beverly Wheeler, Deb Morgan, Dick Baker, Carl Mick, Lori Jack, Jerry Zolton, Lawrence Abinosa, and Sherry Dick</div><div>December 2<sup>nd</sup> – Trip to Kraynak’s bus leaves at 1pm and you will return to the center by 3pm</div><div>December 2<sup>nd</sup> - Attorney Hartle: “Death of a Family Member, What’s Next?”</div><div>December 2<sup>nd</sup> – Painting Christmas Gnomes</div><div>December 3<sup>rd</sup> – Jessica Korab from Caretenders “Apartment/Home Safety”</div><div>December 4<sup>th</sup> – Educational Prize Bingo with Tammy from St. Pauls</div><div>December 4<sup>th</sup> – Wellness Support with Noreen</div><div>December 5<sup>th</sup> - Music: Dan Hogan</div><div>December 8<sup>th</sup> – Joyce Hawk from Sharon Wound Center “Lower Leg Swelling”</div><div>December 9<sup>th</sup> - Learn how to work air dry clay</div><div>December 9<sup>th</sup> – Book Club with Cyndi</div><div>December 10<sup>th</sup> - Coffee Chat with Mande from Amedsys</div><div>December 11<sup>th</sup> - Prize Bingo with Kavon Wright from Highmark Wholecare</div><div>December 12<sup>th</sup> – Gingerbread House Contest – center will provide supplies – be creative and have fun</div><div>December 16<sup>th</sup> - Kelly Bianco from the Life Program speaks</div><div>December 17<sup>th</sup> – Center Council Meeting</div><div>December 18<sup>th</sup> - Prize Bingo with Rachel from Embassy Health</div><div>December 19<sup>th</sup> – Music: Dan Hogan</div><div>December 22<sup>nd</sup> - Cindy Durst from Primary Health</div><div>December 30<sup>th</sup> – Learn how to work air dry clay</div><div>December 30<sup>th</sup> – Book Club with Cyndi</div><div>December 31<sup>st</sup> – Music: Tammie O’Marrie</div></div> | <div>MONDAY</div> <div>1 9:00 Breakfast<br/>9:30 Bingocize<br/>10:30 Inspirational Tymes<br/>11:00 Zumba<br/>12:30 Chair Zumba<br/>1:00 Bridge in Seminar Room<br/>1:00 Learn to Crochet with Ruth<br/>1:30 Arthritis Exercise</div> | <div>TUESDAY</div> <div>2 9:00 Breakfast<br/>9:00 Total Body Fitness<br/>9:30 Craft<br/>10:00 Sculpt &amp; Strengthen<br/>11:00 Legal Advice<br/>11:00 Trim and Tone<br/>12:30 Yoga<br/>1-3 Trip to Kraynak’s</div>  | <div>WEDNESDAY</div> <div>3 9:00 Breakfast<br/>9:15 B-I-N-G-O<br/>10:00 Cooking w/Sherry<br/>11:00 Zumba<br/>11:00 Speaker<br/>12:30 Chair Zumba<br/>1:00 Attic Treasures in the Lounge<br/>1:30 Arthritis Exercise<br/>1:30 Art Group</div>                      | <div>THURSDAY</div> <div>4 9:00 Breakfast<br/>9:00 Total Body Fitness<br/>9:30 Laps for Lottery Tickets<br/>10:00 Educational Prize Bingo<br/>10:00 Sculpt &amp; Strengthen<br/>11:00 Wellness Support<br/>11:00 Trim and Tone<br/>12:30 Yoga<br/>1:00 Afternoon Euchre</div>          | <div>FRIDAY</div> <div>5 Happy Birthday Party<br/>9:00 Breakfast<br/>9:30 Director’s Prize Bingo<br/>11:00 Entertainment<br/>1:00 Line Dance</div> <div></div> |
|   | <div>8 9:00 Breakfast<br/>9:30 Bingocize<br/>11:00 Zumba<br/>11:00 Speaker<br/>12:30 Chair Zumba<br/>1:00 Bridge in Seminar Room<br/>1:00 Learn to Crochet with Ruth<br/>1:30 Arthritis Exercise</div>                               | <div>9 9:00 Breakfast<br/>9:00 Total Body Fitness<br/>9:30 Clay Work with Rosemary<br/>10:00 Sculpt &amp; Strengthen<br/>10:30 Book Club Seminar Room<br/>11:00 Trim and Tone<br/>12:30 Yoga<br/>1:00 Ultra Bingo</div>                                      | <div>10 9:00 Breakfast<br/>9:15 B-I-N-G-O<br/>10:00 Cooking w/Sherry<br/>11:00 Zumba<br/>11:00 Coffee Chat with Mande<br/>12:30 Chair Zumba<br/>1:00 Attic Treasures in the Lounge<br/>1-4 Me Again Boutique<br/>1:30 Arthritis Exercise<br/>1:30 Art Group</div> | <div>11 9:00 Breakfast<br/>9:00 Total Body Fitness<br/>9:30 Laps for Lottery Tickets<br/>10:00 Sculpt &amp; Strengthen<br/>10:00 Educational Prize Bingo<br/>11:00 Trim and Tone<br/>12:30 Yoga<br/>1:00 Afternoon Euchre</div> <div>Last Day to Sign up for the Christmas Party</div> | <div>12 9:00 Breakfast<br/>9:30 Arthritis Exercise with Robin<br/>10:30 Gingerbread House Contest<br/>1:00 Line Dance</div>                                    |
|   | <div>15 9:00 Breakfast<br/>9:30 Bingocize<br/>10:30 Craft with Karen<br/>11:00 Zumba<br/>12:30 Chair Zumba<br/>1:00 Bridge in Seminar Room<br/>1:00 Learn to Crochet with Ruth<br/>1:30 Arthritis Exercise</div>                     | <div>16 9:00 Breakfast<br/>9:00 Total Body Fitness<br/>9:30 Christmas Cards for the Shut Ins<br/>10:00 Sculpt &amp; Strengthen<br/>11:00 Trim and Tone<br/>12:30 Yoga</div>  | <div>17 9:00 Waffles<br/>9:15 B-I-N-G-O<br/>11:00 Zumba<br/>11:00 Center Council Meeting<br/>12:30 Chair Zumba<br/>1:00 Attic Treasures in the Lounge<br/>1:30 Arthritis Exercise<br/>1:30 Art Group</div>  | <div>18 9:00 Breakfast<br/>9:30 Laps for Lottery Tickets<br/>10:00 Educational Prize Bingo<br/>1:00 Afternoon Euchre</div> <div>To prepare for the Christmas Party there will be no Exercise Classes</div>   | <div>19 Christmas Party<br/>9:00 Breakfast<br/>9:30 Ho Ho Bingo<br/>11:00 Entertainment</div> <div>Ugly Christmas Sweater Contest</div>                        |
|   | <div>22 9:00 Breakfast<br/>9:30 Bingocize<br/>11:00 Zumba<br/>11:00 Speaker<br/>12:30 Chair Zumba<br/>1:00 Learn to Crochet with Ruth<br/>1:00 Bridge in Seminar Room<br/>1:30 Arthritis Exercise</div>                              | <div>23 9:00 Breakfast<br/>9:00 Total Body Fitness<br/>9:30 Director’s Bingo<br/>10:00 Sculpt &amp; Strengthen<br/>11:00 Surprise Entertainment w/Egg Nog<br/>11:00 Trim n Tone<br/>12:30 Yoga</div> <div>Last Day to Sign Up for the New Year’s Party</div> | <div>24</div> <div>Christmas Eve</div> <div>Center Closed</div>   | <div>25</div> <div>Merry Christmas</div> <div>Center Closed</div>  | <div>26 9:30 Breakfast<br/>9:30 Arthritis Exercise w/Robin<br/>10:30 Prize Bingo<br/>1:00 Line Dance</div>   |
|   | <div>29 9:00 Breakfast<br/>9:00 Bingocize<br/>11:00 Zumba<br/>12:30 Chair Zumba<br/>1:00 Learn to Crochet with Ruth<br/>1:00 Bridge in Seminar Room<br/>1:30 Arthritis Exercise</div>  | <div>30 9:00 Breakfast<br/>9:00 Total Body Fitness<br/>9:30 Clay work with Rosemary<br/>10:00 Sculpt &amp; Strengthen<br/>10:30 Book Club in Seminar Room<br/>11:00 Trim and Tone<br/>12:30 Yoga<br/>1-3 Bridge Lesson</div>                                 | <div>31 New Year’s Eve Party<br/>9:00 Breakfast<br/>9:15 B-I-N-G-O<br/>11:00 Zumba<br/>11:00 Entertainment<br/>12:30 Chair Zumba<br/>1:00 Attic Treasures in the Lounge<br/>1:30 Arthritis Exercise<br/>1:30 Art Group</div>                                      | <div>Mercer County Area Agency on Aging, Inc.<br/>133 N. Pitt Street, Mercer<br/>724-662-6222</div>  | <div>Mercer County Area Agency on Aging, Inc.<br/>APRIL 1, 1976</div>  |

Cold Meal Option for the month: Turkey & Cheese Sandwich, Side & Dessert

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   |
|---|--|---|---|--|
| <b>1</b><br>Chicken Taco Salad<br>Mexican Corn<br>Rice<br>Pineapple                                       | <b>2</b><br>Bacon Cheese Burger<br>on a Bun<br>Cauliflower Soup<br>Crackers<br>Cookie  | <b>3</b><br>Chicken Paprikash<br>Rice<br>Brussel Sprouts<br>Wheat Bread w/butter<br>Fresh Fruit   | <b>4</b><br>Baked Meatloaf<br>Mashed Potatoes/Gravy<br>Carrots<br>Wheat Bread w/butter<br>Oatmeal Cream Pie   | <b>5 Birthday Party \$4.00</b><br>Sloppy Joe on a Bun<br>Tator Tots<br>Green Beans<br>Fresh Fruit<br>Cupcake Ice Cream   |
| <b>8</b><br>Honey Garlic Pork Loin<br>Rice<br>Steamed Broccoli<br>Dinner Roll w/butter<br>Fruited Gelatin | <b>9</b><br>Turkey Chef Salad<br>Vegetable Soup<br>Crackers<br>Dinner Roll w/butter<br>Fresh Fruit                               | <b>10</b><br>Kielbasa on a bun w/kraut<br>Buttered Noodles<br>Cali Blend Vegetables<br>Applesauce   | <b>11</b><br>Stuffed Pepper<br>Garlic Mashed Potatoes<br>Carrots<br>White Bread w/butter<br>Pudding   | <b>12</b><br>Pasta & Meatballs<br>Tossed Salad w/Tomato<br>Garlic Breadstick<br>Fresh Fruit  |
| <b>15</b><br>Salisbury Steak<br>Whipped Potatoes/Gravy<br>Peas<br>Dinner Roll w/butter<br>Gelatin         | <b>16</b><br>Creamy Chicken Tortellini<br>Tossed Salad w/ Tomato<br>Wheat Bread w/butter<br>Spiced Fruit                         | <b>17</b><br>Cheeseburger on a Bun<br>Tator Tots<br>Tossed Salad w/tomato<br>Fresh Fruit  | <b>18</b><br>General Tso's Chicken<br>Rice<br>Garlic Broccoli<br>Mandarin Oranges<br>Cookie   | <b>19 Christmas Party \$4.00</b><br><b>SERVING LUNCH AT 12:30</b><br>Stuffed Chicken Breast<br>Whipped Potatoes w/Gravy<br>Green Bean Casserole<br>Dinner Roll w/butter<br>Cream Puff w/Chocolate<br>Drizzle |
| <b>22</b><br>Chicken Philly on a Bun<br>Creamy Spinach Soup<br>Crackers<br>Coleslaw<br>Gelatin            | <b>23</b><br>BBQ Pulled Pork / Bun<br>Ranch Cubed Potatoes<br>Green Beans<br>Pineapple/Mandarin Oranges                          | <b>24 CLOSED</b><br>   | <b>25 CLOSED</b>  | <b>26</b><br>Grilled Chicken Alfredo<br>Buttered Pasta<br>Lemon Pepper Broccoli<br>Breadstick<br>Pudding   |
| <b>29</b><br>Meatball Sub on a Bun<br>Mozzarella Cheese<br>Tossed Salad w/Tomato<br>Fresh Fruit           | <b>30</b><br>Chicken Cutlet<br>Country White Gravy<br>Mashed Potatoes<br>Brussel Sprout<br>Wheat Bread w/butter<br>Blushed Fruit | <b>31 New Year's Party \$4.00</b><br>Pork & Sauerkraut<br>Parsley Potatoes<br>Carrots<br>Dinner Roll w/butter<br>Cheesecake w/<br>Cherry Topping<br> | DAILY MENUS ARE SUBJECT<br>TO CHANGE. ALL MENUS<br>MEET OR<br>EXCEED 1/3 OF THE DAILY<br>RECOMMENDED ALLOW-<br>ANCE<br>FOR OLDER ADULTS.<br>DAILY MENU INCLUDES<br>8 OZ. MILK | PLEASE BE HERE BY 11:30 TO<br>RESERVE YOUR LUNCH.<br>IF YOU NEED TO CANCEL,<br>PLEASE CALL US SO WE CAN<br>OFFER YOUR LUNCH TO ANY<br>ONE ELSE HERE IN THE BUILD-<br>ING WANTING ONE.<br>THANK YOU           |

SHENANGO VALLEY  
SENIOR CENTER  
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HERMITAGE, PA 16148  
(724) 981-7950

DECEMBER 2025



SENIOR CENTER HOURS:  
MONDAY-FRIDAY  
8:30 AM-4:30 PM  
CLOSED WEEKENDS  
AND HOLIDAYS

Please allow 2 business day  
notice by 2PM to  
reserve a lunch

All party reservations are  
needed to be **PREPAID** &  
ordered one week  
in advance.

No one will be denied a  
meal because of inability to  
make a donation.



Robin James Beshero,  
Senior Center Director